

2009 Gulf Open Water Swimming Championships

Sunday, October 4th, 2009

Hosted by Rice Aquatics Masters and Rice University at Twin Lakes

- Location:** Twin Lakes Scuba Park is a 31 acre aquifer fed lake. It is located on Highway 6 just 1.8 miles east of Texas 288 in Manvel, TX. 77578. Please note that Twin Lakes charges \$5 per vehicle into the park.
- Coaches:** Seth Huston, Head Coach, Rice University; Jason Wedlick, Head Coach, Rice Aquatics
- Sanction:** Sanctioned by Gulf LSC for USA Swimming, Inc. GUSC 10-001.
- Eligibility:** All participants must be currently registered with USA Swimming to be eligible. Proof of eligibility must be provided with entry.
- Warm Up:** The race course will be open for warm up after the 8:00am start of a USMS masters race, please stay to the outside edge of the course so competitors have an unobstructed path. Only registered swimmers may enter the course. Warm up closes at 8:45am. There will not be a continuous warm up location, although swimmers will be allowed to loosen up just prior to the start of the race.
- Event Schedule:** There are three events offered:
1. 9:00am, 800 meter swim, check in 7:30am to 8:30am,
 2. 9:30am, 1 mile swim, check in 7:30am to 9:00am
 3. 10:30am, 2 mile swim, check in 7:30am to 10:00am
- All USA swimmers will be started at the scheduled start time. Staggered starts by age or sex may be used at the discretion of the meet referee dependent upon the number of swimmers entered in each event. There will be pre race instructions given 10 minutes prior to each race.
- Check In:** All swimmers must check in with the clerk of course. All swimmers will be numbered by clerk of course for identification. Each swimmer must be numbered 30 minutes prior to the start of their race.
- Race Info:** The race course will be 400meters. The race will start and finish in the water. It will be swum in a clockwise direction with buoys staying on your right shoulder. The finish shall take place at the floating dock.
- Awards:** We will have 1st place through 3rd place medals for male and female 9-10, 11-12, 13-14, and 15 & over Gulf Swimmers. Only Gulf registered swimmers are eligible for awards.
- Scoring:** Only Gulf registered teams and swimmers are eligible to score points. Scoring will be 9-7-6-5-4-3-2-1, 1st place through 8th place.
- Entry Info:** The entry deadline is Friday, September 25th. The race entry fee is \$25 for the first race and \$10 for each additional race the swimmer enters. Late entries will be accepted through the end of race check in for an additional \$25 late fee. USA Swimming entries are encouraged to enter using Hy Tek Team Manager. Find meet file on Gulf web page. Each participant will receive a race t-shirt. Please send in desired shirt sizes with meet entry files. Send all entries and entry fees to:
- Seth Huston, Head Swim Coach
Rice University
P.O. Box 1892, MS 548
Houston, TX. 77251
- Make checks to **Rice University** and inquiries to Seth Huston, shuston@rice.edu or call at 713-539-3041.
- Meet Director:** Seth Huston 713-539-3041, shuston@rice.edu
- Race Referee:** Herb Schwab 713-245-7855, Herb.Schwab@shell.com, **Safety Marshal:** Jada Hallmark 713-539-7519
- Safety:** Safety is our prime consideration. While there are no qualifying standards for this event, you should have previously completed a one mile swim in 40 minutes or faster in order to swim in this event. You should be healthy and in reasonably fit swimming shape. Swimmers will be allotted 20 minutes per ½ mile to complete the course. There will be safety marshals positioned at each turn and at the start and finish of the race.

2009 Gulf Open Water Swimming Championships

Sunday, October 4th, 2009

USA Swimming Gulf Sanction 10-001

Gulf Swimming Event Information:

Gulf Custom Medals Awarded	
Only Gulf registered swimmers are eligible to receive awards.	
Entry Rules	
Type of Meet	Open Water
Max # of events	1 for 9-10, 2 for 11-12 and 3 for 13 & over
Swimmers Eligible	All Registered USA Swimming athletes
Entry Times	None
Qualifying Times	None
Enter with no time	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	1 st event \$25, 2 nd event \$10, 3 rd event \$10

Order of Events:

Event #	Age Group	Event
1-2	9 & over girls and boys	800 meter free *
3-4	11 & over girls and boys	1600 meter free **
5-6	13 & over girls and boys	3200 meter free ***

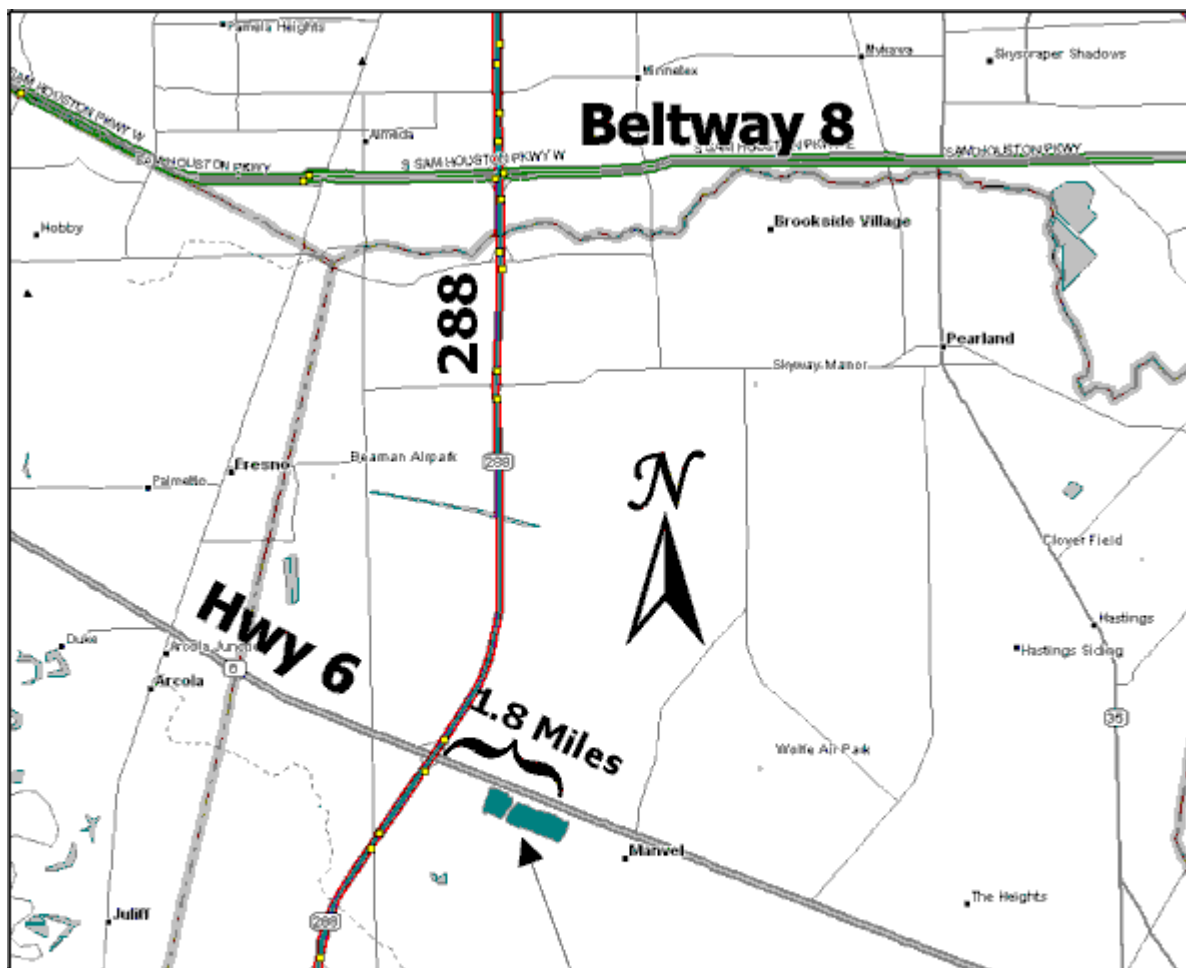
Please note that events will be swum combined and scored separately for boys and girls by 9-10, 11-12, 13-14 and 15 & over.

* 9-10 year olds are eligible for the 800 meter event only.

** 11-12 year olds are eligible for the 800 meter and the 1600 meter events.

*** 13 years old and over are eligible for all three events.

We are located on Hwy 6, just 1.8 miles East of 288 at 19230 Morris Ave., Manvel, TX 77578



Scuba Park At Twin Lakes

2009 Gulf Open Water Swimming Championships

Sunday, October 4th, 2009

Hosted by Rice Aquatics Masters and Rice University at Twin Lakes

Please type or print clearly

Today's Date _____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Phone Number _____

City _____ State _____ Zip _____ Email _____

Birthdate
Month _____ Day _____ year _____

Gender (please circle) Male Female

USA Swimming ID _____

T-shirt (please circle)
adult sizes small medium large x-large

Team _____

Please check races to be entered

800 meter swim _____
1 mile race _____
2 mile race _____

Entry Fees

race # 1	\$25	<input type="text"/>
race # 2	\$10	<input type="text"/>
race # 3	\$10	<input type="text"/>
Late entry fee (after 9/25)	\$25	<input type="text"/>

Make check payable and mail forms to:

Rice University Swimming
Attention: Twin Lakes Race
P.O. Box 1892, MS 548
Houston, TX. 77251

Total _____